



### NEWS IN A "HEARTBEAT"



**PenMRC Volunteers to date = 315 Approved Level 1, 2, 3** Recruitment continues: Christopher Newport University; Hampton U.

**THANK YOU** to volunteers who served or trained in **October**: Juanita Andrews, Cory Asato, Larry Barclay, Mark Callazzo, Leah Cas-sada, Dr. Morgan Castner, Miriam Dalziel, Adawayna Davis, Nina Derby, Dr. Maggie Doley, Sunita Dowden, Fran Doyle, Adrienne Gibson, Angel Graves, Letticia Guzman, Dwayne Harrell, Marie Harrell, Sherri Kelley-Davis, Caroline Letourneau, Mary Loesch, Heidi Lugo, Vivienne McDaniel, David Neidlinger, Pat Olson, Marjorie Ouellette, Monique Plummer, Jaclyn Politzer, Katherine Rahman, Monica Richardson, Cassidy Robertson, Linda Rose, Brenda Sarno, Beth Sigler, Barbara Smith, Claudia Spurill, Andrea Stanley, Dr. Sam Tate, La'Ura Taylor, Shelley Trautman, Alexis Upton, and Michelle Warren.

**78 Volunteers Provided 344.75 Hours of Service; 252 Non-Medical and 92.75 Medical and were sent 17 VVHS Alerts ! WOW!!**

**Events and Trainings for October 2012:** Hurricane Sandy Shelter Support, CNU Campus Surge Exercise, CNU Flu Clinic (PHD), Ra-bies Clinic, Peninsula Town Center (HHD) Flu Clinic, BP Screenings at Denbigh, Lexington Commons, Warwick SRO, Partner Agency Shelter Training, Psychological First Aid Training, Peninsula MRC Orientation, ICS-100, ICS-700, and ICS-22



Help us prevent 1 million heart attacks and strokes in five years. <http://millionhearts.hhs.gov/index.html>

**Peninsula MRC Volunteers provided 29 BP Screenings in October.**

**Hurricane Sandy** response, background investigations, etc. **Thank you to those who completed their background investigation prior to this event.** Having this completed was essential to being able to swiftly deploy for shelter assistance. Those of you who have not completed your background investigation based on the letter you received pre-hurricane season must do so immediately. In the midst of disaster response having to acquire special permission for volunteers to serve who have not completed their background investigation can be detrimental to this very crucial service that is provided to evacuees. It also interrupts operations by MRC and their Health District Director or Shelter Managers. Please contact Julie.Segor@vdh.virginia.gov, 757-594-7811 to make arrangements to take 5 minutes to complete this form. It takes approximately 4—6 weeks for results to come back, and we would like to have 100% completed before the next disaster.

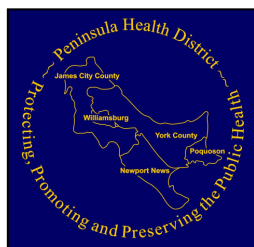
**ICS-100.** In the same vein, if you have not completed and turned in an ICS-100 certificate to PenMRC, please take care of that by going to <http://training.FEMA.gov/EMIWeb/IS/IS100.b.asp>

This course only needs to be taken once either in the classroom or on-line. Classes are offered once a month (watch your VVHS alerts), but the on-line course is available 24/7.

Failure to complete these items could mean that you will not be selected to deploy for disasters or other non-emergency events if the requestor asks for these credentials.

**Phone Numbers:** In the coming weeks, we will be changing your cell phone number to accept Emergency and Non-Emergency Phone alerts (we will be setting to 'both'). Phone alerts from PenMRC are only sent for emergency exercises and emergencies at this point in time, so you should not receive many calls to your cell phone unless we are in the midst of a disaster.

If you have designated your desire to serve on a team and did not get alerted during the hurricane it is either because the team was not needed, or because you have not completed the necessary training for rapid deployment. Attached with this email please find the Training Quick Reference Guides to be used as a reminder of the credentials and training you need to complete before being placed in our database for swift deployment.



[www.ReadyHamptonRoads.org](http://www.ReadyHamptonRoads.org)

This NEW website provides needs assessment tools for individuals, families, and businesses to use to tailor disaster preparations to their own unique circumstances.

**Peninsula Medical Reserve Corps - Peninsula and Hampton Health Districts**

**Volunteers Protecting the Health of Virginia**



## Contact Information

Peninsula Medical Reserve Corps  
Peninsula Health District  
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Search/Like 'Peninsula Medical Reserve Corps'

You Tube

<http://www.youtube.com/user/VAMRC>

*Please bookmark these websites:*

PenMRC: <http://www.vdh.virginia.gov/MRC/peninsulamrc>

VVHS (Virginia Volunteer Health System): <https://vms.vdh.virginia.gov/vms/default.jsp?main=reg>

TRAINVirginia: <http://va.train.org>

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E-NEWS FLASH FROM PENINSULA MRC—NOVEMBER 2012

Peninsula Town Center Flu Shot Event - 10/12/2012



Rabies Clinic - 10/13/2012



CNU Campus Surge Mass Casualty Exercise - 10/23/2012



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Photos by Julie Segor, Shelley Trautman, and Teresa Blakeslee

**Volunteers Protecting the Health of Virginia**